

THE ART OF SWEET-MAKING.

BY

BEATRICE MANDERS

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CHOCOLATES.
FONDANTS.
MARZIPAN.

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THE ART OF SWEETMAKING

(*Bonbons, Chocolates, Fondants, Marzipan, etc., etc.*)

BY BEATRICE MANDERS, L.C.A.,

*First-class Diplomée N.T.S.C.; Medallist Cookery and Food Association;
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PREFACE.

THIS little book has been written at the repeated request of my past and present pupils, and in order to satisfy the numerous enquiries which reach me for an inexpensive and practical book on Sweetmaking. As far as I know there is no other English book on the subject of any use to the amateur who wishes to make only a few sweets at a time. The few books already published on confectionery are written entirely for the trade, and the proportions are naturally large ; they also presuppose some technical knowledge of the use of machinery. I have collected the following recipes during the past five years. Many have been given me by American and Australian pupils, and I have tested them again and again in my School. Some have been picked up during my travels, and many of the best were taught me by *chefs* in Paris.

I am very glad to have been the means of reviving the pretty art of Sweetmaking among women, and hope this small work will save many from wasting time and materials.

To the confectioners who have helped me, both at home and abroad, I give my hearty thanks. I hope they will look indulgently upon a work which does not pretend to be of use to those from whom I have learnt so much.

B. M. MANDERS.



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LIST OF UTENSILS REQUIRED FOR SWEETMAKING, WITH PRICES.

1	Marble Slab	from 8s.
*1	Thermometer	5s. 6d.
*1	Pèse Sirop	1s. 9d.
*1	Scraper	8d.
1	Pair of Scissors	from 3s.
1	Hair Sieve	1s. 10d.
*1	Caramel Cutter	3s. 3d.
*1	Rubber Fondant Mould	from 12s.
*2 or 3	Double Marzipan Moulds	each	1s. 9d.	
*3 or 4	Tin Marzipan Moulds	„	3d.	
*2 or 3	Forks	„	„	3d.
*2 or 4	Spatulas	8d. 1s. and 1s. 6d.		
1	Rolling Pin	4d.
	Essences and Colourings	9d., 10d. and 1s.		
1	French Cook's Knife	1s. or 1s. 6d.		
	Grease Proof and Wax Paper	per quire	4d. and 6d.			
*1	Crystallizing Tray and Wire	1s. 9d.		
2	Saucepans	
*Starch Tray	2s. 6d.	

* Only to be obtained Retail from Miss MANDERS,
Confectionery and Cookery School, Yeoman's Row,
Brompton Road, London, S.W.

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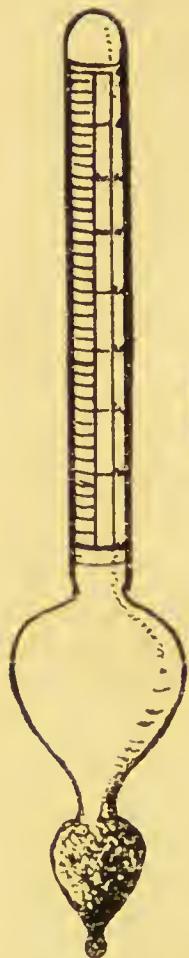
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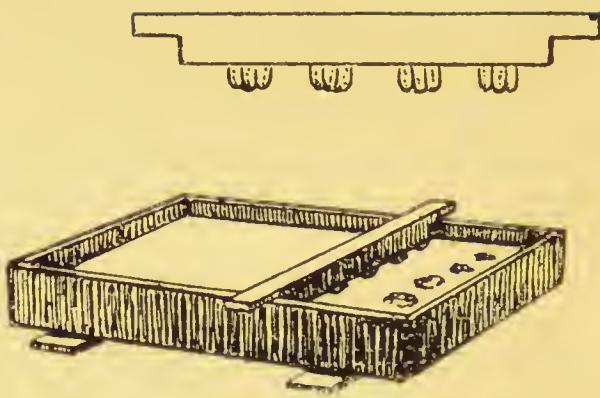
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PÉSE SIROP.



STARCH TRAY.



SCRAPER.

CHAPTER I.

THE THERMOMETER.

A sugar boiler's thermometer, with brass case or back, should register not less than 350 deg., and when not in use should be kept hanging up. If, as sometimes happens, the thread of the mercury becomes broken, that is, a portion of the mercury becomes detached and runs to the top of the tube when the thermometer is held sideways or upside down, it can be remedied by holding the thermometer bulb downwards, and giving a sharp jerk. When required for use, place the thermometer in a basin of warm water so that it may rise gradually, and put it back into the warm water on removing from the pan ; any syrup adhering to it will then wash off. Keep the thermometer scrupulously clean, for were it placed in syrup with any sugar from the previous boil sticking to it, the whole boil would probably candy. Success in sweet-making depends on strict attention to this and similar small details.

PÈSE SIROP.

This instrument is generally used by *chefs*, instead of a thermometer. It is rather more difficult to handle, but the results are more certain. A drawback to its use is that more sugar must be boiled at one time, as the syrup must be sufficiently deep to float the instrument. A pèse sirop is used for crystallizing.

STARCH TRAY.

Any rather large flat box will do for this ; one 3 inches by 20 inches is a convenient size. The

starch must be the best confectioner's starch powder, clean, dry, and warm, and not less than two inches deep. Smooth the top perfectly level with a stick, then make the required impressions in it, taking care that one row of impressions does not disturb the next. When all the impressions are made, pipe in the fondant cream from a paper cornet, or funnel saucepan. A tin runner is used for this purpose by confectioners, but it is only necessary when making large quantities. When not in use, the starch should be kept in tin boxes, as it is apt to become damp if exposed in a room where there is steam.

MOULDS FOR FONDANTS, LIQUEUR, ETC.

These are made of plaster of Paris, are very inexpensive, and, with care, last a long time. They are glued to a piece of wood the width of the starch tray. The moulds should be $1\frac{1}{2}$ inches apart, with handles projecting beyond the tray. Dust them often, and clean and keep them in a dry place.

CRYSTALLIZING TRAY.

A crystallizing tray is of tin, about 14 inches long by 10 inches broad, with wire trays to fit it. Lay the sweets to be crystallized upon the trays, which are placed one upon another, allowing sufficient space between to prevent them touching; cover the sweets with syrup, cover the whole with a wet cloth, and let it stand in a warm place for from eight to ten hours. Drain off the syrup, and when the fondants are dry, shake off on to clean trays. Most sweets can be crystallized in this way; some require to remain longer in the syrup than others.

CARAMEL CUTTER.

A caramel cutter is a metal framework filled in with transverse and longitudinal metal bars to form small squares. It is used for marking the caramel squares, which are then cut with a knife.

SWEET FORK.

A sweet fork is a small two-pronged fork, used for lifting the sweet centres out of the coating.

SPATULA.

A spatula is a flat, wooden, pear-shaped instrument, tapering to a long handle.

SCRAPER.

A scraper is a flat piece of metal (3 inches by 4 inches) rolled at one end to form a handle. It is used to scrape up the sugar on the slab.

FRENCH COOK'S KNIFE.

A French cook's knife is a broad-bladed knife tapering to a point.

COMPARATIVE TABLE OF DEGREES USED IN CONFECTIONERY.

ENGLISH.

1. The Smooth, 215—220 deg.
2. The Thread, 230—235 deg.
3. The Feather, 240—245 deg.
4. The Ball, 250—255 deg.
5. The Crack, 310—315 deg.

AMERICAN.

- The Smooth, 216 deg.
- The Thread, 220 deg..
- Soft Ball, 240 deg.
- Hard Ball, 245—250 deg.
- Small Crack, 290 deg.
- Hard Crack, 300 deg.

CHAPTER II.

1.—FONDANT FOR CENTRES.

2 lbs. loaf sugar. $\frac{1}{2}$ pint water.
 1 tablespoonful glucose, or a pinch cream of tartar.
 2 ozs. nucoa caramel butter.

Melt the sugar in cold water, add the glucose, and when dissolved boil up and skim, and place the lid on the saucepan for a few minutes. When the syrup is boiling at its own level, put in the thermometer and boil it up to 240 degrees. Sprinkle the slab with warm water, pour the syrup on it, and again sprinkle with water to prevent a crust forming. Place the butter in the centre. As soon as the syrup has slightly cooled (it should crinkle up when touched at the edge with the finger), gather it up with the scraper into a heap ; then work it evenly and smoothly with the spatula until the whole becomes creamy, and finally opaque and solid. Knead it smooth with the hand ; cut off and colour a portion, working in the colour on the slab before adding the essence ; form into centres the required shape, making all exactly the same size.

Form I.—The easiest method of doing this is first to form the fondant into a roll of the desired size and thickness, and then to cut it with a sharp knife into equal-sized portions. Shape these into round balls, rolling lightly between the palms of the hands, and lay them in rows on grease-proof paper. When sufficient round centres have been made, proceed to Form II.

Form II.—Turn the round ball into an oblong by giving it two or three rolls in the same direction.

Form III.—Having made the ball, then the oblong, stand it on one end, so forming a conical centre.

These are the most usual shapes for chocolate creams and fondants, and should be thoroughly mastered before any others are attempted. Keep any fondant left over covered with a damp cloth, or the edges will dry and form hard lumps in the sweets. Leave the completed centres to dry for twenty-four hours before coating.

2.—FONDANT CREAM FOR COATING.

2 lbs. loaf sugar. $\frac{1}{2}$ pint water. $\frac{1}{4}$ lb. glucose.
2 ozs. nucoa caramel butter. a few drops acetic acid.

Proceed as directed in (1), boiling the sugar to 240 deg. and adding the acid with the glucose. When kneaded smooth, place the fondant in a double saucepan (or in a small saucepan within another) of hot water, over a slow fire. Add a little syrup sugar, colouring, and essence to taste, and work with a spatula until fairly warm, and the consistency of thick cream. Then, with a fork, dip in the centres one at a time. Lay them when coated on grease-proof paper, and with a twist of the fork make a small curl on the top of each. The round centres must be coated first, then the oblong, and lastly the conical. The long shapes can be finished either by a curl on the top like the round ; by drawing the fork from end to end, so forming a rat's tail ; or by dropping the centre from the side of the fork, and so forming two marks across it.

The above are the general directions for making plain fondants, which take their name from the essence with which they are flavoured.

3.—SYRUP FOR DIPPING.

1 lb. loaf sugar. $1\frac{1}{2}$ gills water.

Boil to 235 deg., stand pan in hot water whilst dipping the centres to prevent the syrup cooling too rapidly and becoming candied.

4.—RASPBERRY FONDANTS.

Pale pink fondants, flavoured with raspberry, made in any of the above shapes. If required to keep for some time, they should be crystallized.

5.—PINEAPPLE FONDANTS.

Very pale green fondants, flavoured with pineapple and crystallized.

6.—LEMON FONDANTS.

Pale yellow fondants, flavoured with essence, or oil of lemon, and crystallized.

7.—VIOLET FONDANTS.

Fondants coloured a pale violet, flavoured with essence of violet; a small crystallized violet should be placed in the centre of each.

8.—ROSE FONDANTS.

These should be a rather darker colour than the pink fondants, flavoured with rose, with a piece of crystallized rose leaf placed on the top of each.

9.—PISTACHIO FONDANTS.

Pale green conical fondants, flavoured with pistachio essence, with a small piece of pistachio nut placed on the top of each before they are dry.

10.—FANCY CENTRES FOR FONDANTS.

By the exercise of a little ingenuity these can be made in endless variety and to suit all tastes. Any candied fruit can be chopped fine, mixed with fondant,

and formed into centres. The centres given under the heading Chocolate centres, 89, can be used, and coated afterwards with fondant.

11.—FANCY CENTRES.

1 oz. candied peel. 1 oz. candied citron peel.
1 oz. candied lemon peel. vanilla.
4 ozs. fondant.

Wash the peels in hot water to remove the sugar, then chop them up very finely. Place the fondant sugar in a saucepan, stir it over gentle heat until melted, then mix in the chopped peel and vanilla. Let it cool a little, dust the slab with icing sugar, turn the mixture upon it, form into a roll, divide into equal portions, make round centres, dry for twenty-four hours, then coat with fondant and crystallize.

12.—PLAIN FONDANT CREAM SQUARES.

1 lb. fondant cream. green and pink colouring.
essence of vanilla, raspberry and pineapple.

Divide the fondant into three equal portions. Colour one portion pink, and flavour it with raspberry, dust the slab with icing sugar and roll out the fondant into a square one-third of an inch thick. Flavour the second portion with vanilla, roll it out the same size and thickness as the pink, and lay it upon it, passing the rolling-pin lightly over so as to join the two together. Now take the third portion. Colour it pale green, and flavour it with pineapple essence; roll it out the same thickness and size as the other two, and lay it on the white fondant. Join together as before, let it stand for twenty-four hours, then cut up into neat pieces $1\frac{1}{2}$ inches long by 1 inch broad, and crystallize.

13.—COCOANUT CHOCOLATE FONDANTS.

2 ozs. desiccated cocoanut. 1 oz. icing sugar.
 1 oz. castor sugar. 1 oz. grated chocolate.
 vanilla essence and fondant cream.

Mix all the dry ingredients together in a mortar, add fondant sugar and vanilla, and pound to a stiff paste; make into centres and dip in chocolate fondant coating.

14.—COCOANUT FONDANTS.

Make fondant centres the size and shape of a bullet; colour rather deeply, violet, green, or yellow, and flavour to match: lay on grease-proof paper, and dry for twenty-four hours. Then dip in hot syrup (3), and roll in thread cocoanut.

15.—SUGAR PRALINES.

Take large round fondant centres weighing about $\frac{1}{2}$ oz., coloured and flavoured; lay in grease-proof paper and dry for 24 hours. Then dip in hot syrup and roll in granulated sugar coloured to match the centre.

16.—FONDANT FOR MOULDING.

1 lb. loaf sugar. $1\frac{1}{2}$ gills water.
 2 ozs. glucose. 2 drops acetic acid.

Proceed as for fondant for centres. (1) When kneaded smooth, place in double saucepan over a slow fire; add a little syrup-sugar, essence, and colouring. Melt to the consistency of thick cream, and when hot (but not boiling) pour into a paper cornet; close the top and cut a small piece from the pointed end; then pipe the fondant into the rubber moulds. When set, remove

by bending the mould, when the fondants will fall out. The mould must be perfectly dry, or the fondants will stick to it. If the fondant is made too hot, or too much syrup-sugar is added, the fondants will not set. In this case remove from the mould and re-heat, adding more fondant. Wash the mould after use, dry, and keep in a place free from dust.

This fondant can be made in large quantities and kept in a tin until required for use. If not wanted for a few days it can be placed in the tin as soon as it has been turned ; if covered with a damp cloth it will work itself smooth, and save kneading.

17.—FONDANT FOR STARCH MOULDS.

2 lbs. sugar.	$\frac{1}{4}$ lb. glucose.
$\frac{1}{2}$ pint water.	a few drops acetic acid.

Proceed as for fondant for centres (1). When kneaded smooth, place in a saucepan in another pan of hot water ; add a little syrup-sugar, colouring, and essence. When quite hot, and the consistency of thick cream, pour into a paper cornet and pipe into the starch tray.

When set, lift the fondants out with a fork, and rush or blow off the starch. The fondants are then crystallized.

18.—SYRUP FOR CRYSTALLIZING FONDANTS.

6 lbs. sugar.	1 quart water.
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Melt the sugar in water and test it with a pèse sirop. If this quantity of syrup is made in a rather deep pan, the pèse sirop will float in it, but if a smaller quantity is required, after boiling for a few minutes, remove the pan from the fire, and pour some of the syrup into a

deep testing glass, so that the pèse sirop may float. It should register 34 deg. If the pèse sirop registers more, add water and re-boil it. Boil for a few minutes until, when tested, it registers 34 deg.; cut a paper round a little larger than the pan, sprinkle it with water, cover the pan with it, and let it stand until cold. The syrup can then be poured over the sweets. Pack the sweets in tin trays made for the purpose, lay the wire tray on the top and pour the syrup over, leave about twelve hours until crystallized. Pour off the syrup, remove the wire tray, and turn the sweets on to clean trays to dry. Many sweets look better if crystallized twice.

19.—CHOCOLATE FONDANT (for coating).

$\frac{1}{2}$ lb. fondant sugar (250 deg.), a little syrup-sugar.
2 ozs. unsweetened chocolate.

Melt fondant with a little syrup-sugar; melt the chocolate and add. Then add enough syrup-sugar to make it the required consistency. Dip in the chocolate fondant centres, and lay them on paper.

20.—CHOCOLATE FONDANTS.

$\frac{1}{2}$ lb. fondant cream (240 deg.).
2 ozs. chocolate powder.

Work the chocolate powder into the fondant on the slab, adding a few drops of vanilla. Form into centres, and coat with chocolate fondant.

21.—POTATOES.

$\frac{1}{4}$ lb. fondant sugar (240 deg.)
 $\frac{1}{4}$ lb. ground almonds. vanilla essence.
a few drops of brandy or other spirit.

Place sugar and ground almonds on slab. Add spirit and essence, and work to a smooth paste. Divide

into equal portions, and roll into centres the size and shape of new potatoes. Roll in ground cinnamon.

22.—FONDANT CHERRIES.

Take some brandy cherries, those having stalks, place them on a pastry drainer until the syrup has run off, then cut each stalk an inch from the cherry. Melt some fondant cream (250 deg.) in a saucepan diluted with syrup-sugar; flavour it with vanilla. Then holding the cherry by the stalk, dip it into the fondant, taking care it is entirely covered. Lay the cherries on the slab to dry, with the stalk sticking upright. When set, place in paper cases.

23.—FONDANT STRAWBERRIES.

Take some fine ripe strawberries, all the same size, and, holding them by the stalk, dip each one in Maraschino once or twice. Then dip into fondant cream, as above, laying each berry on its side, and not covering it quite to the stalk. When dry, place in papers. These should only be made when wanted, as they do not keep for more than a few hours.

CHAPTER III.

GENERAL DIRECTIONS FOR BOILING SUGAR.

Put water in a saucepan ; add the sugar to be boiled. When the sugar has melted, add the glucose or cream of tartar, and stir until dissolved. Bring quickly to boiling point and skim. The white froth need not be removed, only any discolouration. Place the lid on the pan for a few minutes, that the steam may condense upon it and wash off any sugar that may have boiled over. When the syrup is boiling at its own level, put in the thermometer and boil to the degree required. If any particles of sugar are still sticking to the sides of the pan, wash off with a brush dipped in water, or they will cause the sugar to grain. Sugar is always boiled in this manner, except when otherwise stated.

To COLOUR SUGAR.

To colour sugar red, place in a basin 1 lb. granulated sugar, add a few drops of carmine and spirits of wine, then rub it between the fingers until the mass is of a uniform colour. Place it on a tin in a warm place until dry, then bottle and keep for use.

The above process will colour sugar yellow when saffron is used, green when green is used, violet when violet colouring is used.

24.—SYRUP-SUGAR or CLARIFIED SYRUP.

5 lbs. sugar. $2\frac{1}{2}$ pints water.
 2 whites of eggs lightly beaten.

Melt the sugar and water together in a large saucepan, and beat up the whites in a good-sized basin ; when

all the sugar is melted pour the syrup gradually on to the whites of eggs, then return it to the saucepan, let it boil up and stand it by the fire a few minutes to settle. Strain it perfectly clear. The syrup may require to be boiled up two or three times before it is quite clear.

25.—MARZIPAN.

1 lb. loaf sugar.	$1\frac{1}{2}$ gills water.
12 ozs. ground almonds.	2 whites of eggs.

Boil sugar and water, as directed, to 240 deg. ; take the pan from the fire, and stir in the ground almonds and white of egg ; cook a little over a slow fire. Turn on to the slab, add about three tablespoonfuls sifted icing sugar, and work with a spatula until cool enough to handle. Knead it smooth, divide into portions, colour and flavour them with different essences, and use for moulding into fruits and flowers, forming into rolls, logs and slices, and for placing in tin moulds.

26.—MARZIPAN SLICES.

Take three pieces of marzipan, one brown, flavoured with coffee essence ; the second white, flavoured with a few drops of vanilla and almond essence ; the third green, flavoured with nerolie. Roll out each piece the same shape, one-third of an inch thick. Take the brown piece, brush it lightly over with water, lay the white piece on it ; brush over with water again and lay the green piece on it ; put the rolling-pin lightly over the top so as to join the layers firmly. Then brush over the top green layer with water, and place a piece of wafer paper on it, rolling it gently until it adheres. Turn the piece of marzipan completely over, and lay a

piece of wafer paper also on the brown side. When perfectly dry and set, cut it with a sharp knife into slices $1\frac{1}{2}$ inches long. Make diamonds by cutting into pieces $\frac{3}{4}$ -inch wide, and then cutting from the corner on the slant.

27.—MARZIPAN ROLLS.

Take three pieces of marzipan, colour them white, green and pink ; flavour them with vanilla, pineapple and raspberry. Roll out the white portion with the hand to about the size of a clay-pipe stem, 10 inches long. With a rolling pin, roll out the pink marzipan the length of the white, but large enough to go completely round it ; lay the white roll on it, cut one side straight with a knife, and press it against the white roll ; then roll it carefully until the pink entirely covers it. Cut off any that is not required, and roll on the slab until the join no longer shows ; do the same with the green marzipan. Cut the roll in two, making two portions about 6 inches long. Cut it up slantingly ; melt some chocolate in the usual manner (88), making it rather thin, and brush it over the roll. Whilst wet, roll it in chopped pistachios ; when cut up, it will form pretty moss-covered logs.

28.—MARZIPAN IN MOULDS.

Almonds, shells, raspberries, etc. Use double moulds made in pewter, and set in plaster of Paris.

To form almonds, take a piece of marzipan, colour it green, and flavour it with vanilla and a drop of almond essence. Form into a roll, and cut into equal-sized portions, about enough to fill each half of the mould. Make

these into oval centres and press into moulds. Put a blanched almond on the bottom mould, lay the other upon it and press them both together. Open the mould, and, at a light touch, the almond will fall out. Very pretty almonds are made by colouring the marzipan with coffee essence.

The shell mould is used exactly in the same way ; use pink marzipan with a small ball of white to represent a pearl.

The raspberry mould is rather more difficult to use. It is entirely closed, therefore the amount of marzipan used must be very accurately gauged. Colour a deep pink, flavoured with raspberry. When all are made, roll out some green marzipan one eighth of an inch thick, cut it into a six-pointed star, press this on the end of the raspberry to form the calyx, and add a small piece of angelica to form the stalk.

29.—MARZIPAN MUSHROOMS.

These can be made either in one piece, with a mould, or in two by hand. Use white marzipan, flavoured to fancy. Take a ball of marzipan, slightly flatten in the hand, make a hole in the centre with the finger ; dust the flat side with chocolate powder. Make the stalk, brush it over with white of egg at the small end, and place it in the hole.

TIN MOULDS FOR MARZIPAN.

These are made in shapes of all kinds, such as walnut, wheatsheaf, heart, fancy shell.

THE WALNUT MOULD.—Colour a piece of marzipan with a little brown colouring and coffee essence ; make a roll and divide into equal portions. Roll one of these

into a ball, and press it firmly into the mould. Holding the mould in the left hand, lightly work the marzipan from the edge of the tin with the index finger of the right hand. Give the mould a sharp rap on the table, and the walnut will fall out. The moulds may be lightly dusted with icing sugar if the marzipan is found to stick. A quarter of a walnut may be placed inside each.

The other moulds are used in precisely the same way.

30.—FRENCH MARZIPAN.

1 lb. loaf sugar.	$1\frac{1}{2}$ gills water.
$\frac{1}{4}$ lb. glucose.	$\frac{1}{2}$ lb. sweet almonds.

Blanch the almonds and pound to a paste in a mortar, with a few drops of orange flower water. Warm the paste in a saucepan. Boil the sugar, water, and glucose to 290 deg., let it cool a little, then add it gradually to the almond paste, stirring well over the fire until a little, tested in cold water, forms a ball. Pour the mixture on the slab, and work with a spatula until it comes off without sticking to the slab ; add some sifted icing sugar, and work with the hands for about ten minutes. It should now be perfectly white and smooth. Divide into portions, colour them pink, green, and brown, and flavour them to match ; work into centres and press into moulds. Dust moulds with icing sugar when necessary.

31.—GERMAN MARZIPAN.

2 lbs. almonds.	$1\frac{1}{2}$ lbs. icing sugar.
	$\frac{1}{2}$ -gill orange flower water.

Blanch the almonds and pound them to a paste with the orange flower water ; place the paste with the

castor sugar in a stewpan in a bainmarie, stir backwards and forwards until, when touched, it does not stick to the fingers. Turn on to slab and work in 1 lb. of sieved icing sugar. This almond paste can be kept in tins until wanted for use.

32.—DATES DIAMANTÉES.

$\frac{1}{2}$ lb. almond paste (31). 1 box Tiflis dates.
brillantine.

Colour the almond paste pink or green, adding a few drops of tartaric acid, and essence of almonds; slit the dates lengthwise, carefully removing the stones. Form the paste into centres the same shape, but larger than the date stone; open the date, drop in the centre, and partly close the date over it. When all are finished, sprinkle them with brilliantine.

33.—FRENCH PLUMS DIAMANTÉES.

Proceed exactly as directed for Dates Diamantées, using fine French plums instead of dates. These generally require to be pressed into a nice shape, as they are packed so tightly they become flat.

CHAPTER IV.

TOFFEES.

34.—PLAIN TOFFEE.

1 lb. loaf sugar. 1 gill water.
a pinch of cream of tartar. essence to taste.

Place the sugar and water in a pan, stir occasionally until melted; when it begins to boil, add the cream of tartar, put the lid on the pan, and let it boil thus for three minutes. Then boil it up to 310 deg. Pour the toffee, whilst still warm, on to well-oiled tins. Mark with caramel cutter or knife, and break up when cold.

35.—EVERTON TOFFEE.

1 lb. sugar. 1 gill water.
4 ozs. butter. a pinch of cream of tartar.

Melt the sugar and water together in a saucepan over a slow fire, then stir in the cream of tartar, boil up and skim. Boil to 300 deg., draw off the fire, add the butter a piece at a time, then replace on fire to bring to boiling point again. Pour out on well-oiled tins, and when half cold, mark in squares with a caramel cutter. When quite cold, break up and wrap each piece first in wax paper, then in tinfoil paper.

36.—RASPBERRY TOFFEE.

1 lb. sugar. 1 gill water.
raspberry essence. a few drops of carmine.
a pinch of cream of tartar.

Melt sugar and water together in a saucepan, boil up and skim, then boil to 315 deg. Take the saucepan off the fire, add colouring and essence, stir until mixed, then pour out on oiled tins.

37.—PIGNOLIA TOFFEE.

$\frac{1}{2}$ lb. Demerara sugar. $4\frac{1}{2}$ ozs. Pignolia kernels.
 $\frac{1}{2}$ lb. granulated sugar. 3 ozs. glucose.
 $1\frac{1}{2}$ gills water.

Boil the sugar, water, and glucose to 300 deg. Cut each Pignolia kernel into two or three pieces, and slip them gently into the boiling syrup as it reaches the right deg. Boil again to 300 deg., and pour on to oiled tins.

38.—COCCANUT TOFFEE.

$\frac{3}{4}$ lb. granulated sugar. $\frac{1}{4}$ lb. desiccated cocoanut.
 $\frac{1}{2}$ lb. Demerara sugar. $\frac{1}{4}$ lb. glucose. water.

Melt the sugar and water, add the glucose, and boil to 300 deg. Remove the pan from the fire, and stir in the cocoanut. Re-boil to 300 deg., add a few drops of vanilla essence or lemon juice, and pour on to oiled tins.

39.—RUSSIAN TOFFEE (1).

$\frac{1}{2}$ lb. loaf sugar. $\frac{1}{2}$ pint cream.
 $\frac{1}{2}$ teaspoonful vanilla essence.

Dissolve the sugar in the cream in a saucepan standing in a pan of boiling water on the fire. When it comes to the boil, add the vanilla, and stir until the mixture begins to leave the sides of the saucepan clean. Then pour out on buttered tins, and, when cold, cut into squares.

40.—RUSSIAN TOFFEE (2).

1 lb. loaf sugar. 1 pot red currant jelly.
 $\frac{1}{2}$ lb. butter. $\frac{1}{2}$ pint cream.
 1 teaspoonful vanilla.

Dissolve all the ingredients together over a slow fire, bring to the boil, stirring all the time; then add the vanilla, and continue to stir until the toffee thickens,

and begins to leave the sides of the pan. Pour on to buttered tins. Russian toffee is delicious when properly made, but it requires great care in cooking, and some experience to know the exact moment at which to remove it from the fire. If over-cooked, it becomes sugary and brittle.

41.—ALMOND TOFFEE.

1 lb. loaf sugar. 4 ozs. almonds.
½ pint water. a pinch of cream of tartar.

Blanch the almonds, skin them, and dry them in the oven. Melt the sugar and water together, add the cream of tartar, and boil until the syrup is a pale golden colour. Remove pan from the fire, and shake in the almonds. Bring the toffee again to the boil, then turn it on to oiled tins.

42.—FRENCH TOFFEE.

1 pint treacle. 1 egg well beaten.
 $\frac{3}{4}$ lb. granulated sugar. 2 tablespoonfuls cocoanut.
3 tablespoonfuls vinegar.
2 tablespoonfuls chopped almonds.

Boil the treacle and sugar in a copper saucepan until, on dropping a little into cold water, it becomes brittle. Remove pan from fire, and stir in the vinegar, egg, cocoanut, and almond ; stirring continually, bring the mixture again to the boil. Pour on to wet tins, and, when cold, cut into pieces.

43.—BARLEY SUGAR.

2 lbs. loaf sugar. saffron colouring.
a pinch of cream of tartar.
 $\frac{3}{4}$ pint water. lemon juice.

Boil sugar, water, and cream of tartar to 240 deg.; then add the juice of half a lemon, and a little yellow colouring. Boil to 300 deg., pour on to an oiled slab,

and as the syrup cools, cut off strips from the edge with a pair of scissors and twist them. When cold, pack in air-tight bottles.

44.—BUTTER SCOTCH.

1 lb. loaf sugar.	$\frac{1}{2}$ pint milk.
$\frac{1}{2}$ lb. butter.	a pinch of cream of tartar.

Melt the sugar in the milk, then stir in the cream of tartar, and the butter, a piece at a time. Boil until it thickens, and a little dropped in cold water forms a moderately hard ball. Pour on to oiled tins, and when half cold mark in squares. When quite cold, break in pieces and wrap in wax paper.

45.—DANISH BUTTER SCOTCH.

$\frac{1}{2}$ lb. butter.	1 lb. sugar.
$\frac{1}{2}$ teacup of water.	

Melt the sugar and water together, stir in the butter, and boil until quite thick. Be careful it does not catch. Pour out on an oiled dish, and when nearly cold cut into squares.

46.—BUTTERSCOTCH CENTRES.

1 lb. loaf sugar.	1 oz. butter.
2 ozs. glucose.	2 ozs. pistachio kernels blanched.
1 gill of water.	a pinch of tartaric acid.

Boil sugar, water, glucose and butter to 300 deg., and pour on to oiled slab. Add 1 oz. of the pistachio kernels whole, folding the edges over the nuts once or twice. When cool enough, draw the toffee out into a stick, and cut it into even-sized portions about as large as a good-sized marble. Roll each one between the hands, or on slab, until round and cold. A pistachio should be in the centre of each. When all are quite cold, take them one at a time, and dip them into rather thin melted fondant, only half covering them; then roll

them in finely-chopped pistachio. These are a very pretty sweet, but require to be carefully coated to look nice.

47.—FRENCH ALMOND ROCK.

1 lb. loaf sugar.	$\frac{1}{4}$ lb. glucose.
$\frac{1}{2}$ lb. almonds, blanched and dried.	$\frac{1}{2}$ pint water.

Boil the sugar, water, and glucose in the usual way to 300 deg. Take the syrup from the fire, and lightly stir in the almonds ; return it to the fire, let it come just to the boil, and directly it turns a golden colour, pour it into oiled tins.

48.—ALMOND HARDBAKE.

1 lb. good brown sugar.	1 gill water.
$\frac{1}{2}$ lb. glucose.	6 ozs. blanched almonds.

Dry the almonds in the oven or on the top of the stove ; then lay them face downwards on an oiled tin as closely together as possible. Boil sugar, water, and glucose to 305 deg. ; remove pan from fire, let it cool a little, then carefully pour the toffee over the almonds. Brown sugar is very apt to boil over, so a rather larger saucepan than usual should be used.

49.—BERLINGOTS.

1 lb. loaf sugar.	1 gill water.
1 dessert-spoonful glucose.	carmine.

Oil two portions of the slab. Boil sugar, water and glucose to 250 deg. ; pour half of it on to slab ; add a few drops of carmine and fold in the edges as they spread. Boil the remainder of the syrup to 300 deg. and pour it on to the other oiled portion of slab. When cool enough, pull it until white. Form the red portion into an egg-shaped ball, and fold the white round it, gradually working the ball into a parti-coloured stick half an inch thick. Cut into small portions, and roll them until round.

CHAPTER V.

CARAMELS.

These are of two kinds, the wrapped and the unwrapped. The former, when finished, are wrapped in wax paper, and should be very soft ; the unwrapped require to be boiled to a rather higher temperature, so that they may not melt. They do not keep many days.

50.—WRAPPED CARAMELS.

No. 1.

10 ozs. sugar	10 ozs. glucose
2 ozs. nucoa caramel butter.	1 gill water.

No. 2.

15 ozs. sugar.	1½ gills water.
25 ozs. glucose.	5 ozs. caramel butter.

No. 3.

9 ozs. sugar.	31 ozs. glucose.
2 gills water.	5 ozs. nucoa caramel butter.

51.—UNWRAPPED CARAMELS.

No. 1.

10 ozs. sugar.	6½ ozs. glucose.
5 ozs. nucoa caramel butter.	1 gill water.

No. 2.

7 ozs. sugar.	5 ozs. glucose.
5 ozs. nucoa caramel butter.	1 gill water.

GENERAL METHOD OF MAKING CARAMELS.

Bring the water to the boil, add the sugar and dissolve it, then the glucose and butter. Bring gradually to the boil, stirring all the time, and continue to stir

until a little, dropped into cold water, will form a moderately hard ball. Add essence and colouring to taste. Pour into a well oiled tin ; when set, but not quite cold, turn on to the slab, mark with a caramel cutter, cut up with a pair of scissors, and wrap in wax paper. The unwrapped caramels must be cooked a little longer, and when cut up should be placed on a tray or sieve. They must not touch each other.

52.—FRENCH CHOCOLATE CARAMELS.

2 sticks chocolate (2 ozs.) 1 gill water.
 $\frac{1}{2}$ lb. castor sugar. $\frac{1}{2}$ pt. cream. 1 oz. butter.

Over a gentle fire warm the chocolate in a saucepan with a little water. When soft, pour off the water and stir the chocolate smooth ; place the butter, sugar, cream and glucose in another saucepan, stir until it has gently simmered for ten minutes ; add the chocolate, and continue to stir until a little, when dropped in cold water, forms a hard ball. Pour between bars on to an oiled slab ; when cold, mark with a caramel cutter, and cut up with a sharp thin knife.

53.—CHOCOLATE CARAMELS.

1 teacup golden syrup. 1 teacup brown sugar.
1 teacup grated chocolate. 1 oz. butter.
1 dessert-spoonful glycerine. 1 teacup milk.

Boil all the ingredients together, sharply stirring all the time. Add the glycerine, and again boil quickly for a few minutes ; remove pan from the fire, and stir in the chocolate. Boil until, when tested in cold water, the caramel will form a hard ball. Pour into well-oiled tins ; when cold, mark with a caramel cutter, and cut into squares.

54.—AMERICAN CHOCOLATE CARAMELS.

1 lb. loaf sugar.	a little essence of vanilla.
$\frac{1}{2}$ gill cream.	$\frac{1}{4}$ lb. chocolate (grated).
$\frac{1}{4}$ lb. glucose or good pinch of cream of tartar.	

Boil sugar, water and glucose to 280 deg. Remove pan from the fire, add the cream, chocolate and butter, and boil again to 280 deg.. Add two drops of acetic acid, and pour into oiled tins, or on oiled slab between bars.

55.—AMERICAN COCOANUT CARAMELS.

Proceed as above, using $\frac{1}{4}$ lb. desiccated cocoanut in place of the chocolate.

56.—MAPLE CARAMELS.

Use pure maple sugar, or Demerara, and proceed as for chocolate caramels ; no flavouring is required.

57.—AMERICAN WRAPPED CARAMELS.**RASPBERRY.**

2 ozs. fresh butter.	2 lbs. loaf sugar.
$\frac{1}{2}$ lb. glucose or $\frac{1}{2}$ oz. cream of tartar.	
1 gill cream.	$\frac{1}{2}$ pint water.
raspberry essence.	acetic acid.
	red colouring.

Melt the sugar and water together, add glucose, and boil to 280 deg. Add butter, cream, and colouring, and bring the whole through the boil, that is, to the same boiling point, 280 deg. Add four drops of acetic acid and of raspberry essence. Pour the mixture into a well-oiled tin, and when nearly cold mark with a caramel cutter. Cut in squares, and wrap in wax paper.

58.—VANILLA CARAMELS.

Same method and mixture as above, omitting the colouring, and using vanilla essence instead of raspberry.

59.—AMERICAN CREAM CARAMELS (1).

1 gill cream.	1 oz. butter.
1 lb. sugar.	caramel flavouring.
$\frac{1}{2}$ lb. glucose.	$1\frac{1}{2}$ gills water.

Boil sugar, water, and glucose to 260 deg., in summer to 270 deg. ; add cream and butter, and bring it through the boil, stirring all the time. Take off the fire, and add a few drops of caramel essence. Pour out on well-oiled tins. When cold, mark with caramel cutter, cut in squares, and wrap in wax paper.

60.—AMERICAN CREAM CARAMELS (2).

1 qt. cream.	2 lbs. icing sugar.
	1 stick vanilla.

Put cream and vanilla-stick in pan, and, when warm, add sugar, and stir until it boils. Boil slowly until it thickens, then pour out on a slab, roll in a little icing sugar, and cut into squares.

61.—OPERA CREAM CARAMELS.

1 lb. sugar.	1 dessert-spoonful glucose.
$1\frac{1}{2}$ gills water.	$1\frac{1}{2}$ ozs. caramel butter.
1 gill cream.	essence and colouring.

With the sugar, water, and glucose, make fondant sugar in the usual way, boiling it to 240 deg. When kneaded smooth, place it with the cream in a saucepan over a slow fire, and stir till smooth. Add colouring,

essence, and sufficient icing sugar to form a rather stiff paste. Pour into a box lined with grease-proof paper, to a depth of one inch. When set, turn on to slab, remove the paper; mark with a caramel cutter, and cut into squares with a thin knife.

Cream caramels are crystallised when dry.

62.—CHOCOLATE OPERA CREAM CARAMELS.

The same mixture as above, adding 4 ozs. of melted unsweetened chocolate with the cream to the fondant.

63.—OPERA CREAM NUT CARAMELS.

The same mixture as above, with 3 ozs. finely-chopped walnuts, hazel nuts, Barcelona nuts, or cocoanut, added to the fondant and cream *before the icing sugar*.

64.—CHESTNUTS GLACÉS AU CARAMEL.

Slit the skin of the chestnuts with a knife, then roast them in a frying-pan, and remove the inner husk. Let them cool. Make a syrup, boil it to 310 deg., dip in the nuts one at a time, and place them on the oiled slab.

The Italians string three chestnuts on a thin stick, about $3\frac{1}{2}$ inches long, and pour the caramel over them, turning the stick round so that they coat all over. Dates they treat in the same way.



CHAPTER VI.

65.—AMERICAN CANDIES.

2 lbs. sugar.	$\frac{1}{2}$ -pint water.
1 dessert-spoonful golden syrup.	
$\frac{3}{4}$ -teaspoonful cream of tartar.	tartaric acid.

Boil sugar, water, and cream of tartar to 310 deg., pour on to oiled slab, add a pinch of tartaric acid and the golden syrup. Colour and flavour. Fold the edges to the centre, then pull over well-oiled hook, cut into squares.

66.—AMERICAN MOLASSES CANDIES.

$\frac{1}{2}$ -lb. loaf sugar.	$\frac{1}{2}$ -lb. Demerara sugar.
$\frac{1}{2}$ -pint water.	1 pinch of cream of tartar.
1 oz. butter.	1 oz. glycerine.

Boil sugar, water, and cream of tartar to 300 deg., add butter, and pour on to well-oiled slab. Add tartaric acid and glycerine, fold up, and pull over hook. Cut into squares.

67.—BROWN COCOANUT CREAMS AND KISSES.

2 lbs. Demerara sugar.	$\frac{1}{2}$ -pint water.
$\frac{1}{2}$ -lb. glucose.	2 ozs. butter.
	caramel essence.

Boil sugar, water, and glucose to 240 deg. Remove pan from fire. Add caramel essence. Grain the syrup by rubbing the spatula against the side of the pan, and stir in the cocoanut as soon as it clouds. When nearly solid, lay in heaps on the slab, using a teaspoon.

68.—COCOANUT CREAMS—WHITE.

Proceed as above, substituting white sugar for brown.

69.—COCOANUT CREAMS—PINK.

Use white sugar ; proceed as before, but add a few drops of carmine before graining.

70.—CHOCOLATE ALMOND MAPLE CREAM CANDIES.

1 lb. maple sugar. caramel essence.
 $\frac{1}{4}$ lb. chocolate. 1 oz. butter. 1 gill water.
 good pinch of cream of tartar.
 2 ozs. almonds, blanched and baked.

Grate chocolate. Boil sugar, water, and cream of tartar to 240 deg. ; remove from fire, and stir in butter, essence, and chocolate. Grain the syrup, then stir in almonds. Lay the mixture in little heaps on waxed paper, and stick a pistachio kernel on the top of each.

71.—BROWN COCOANUT CANDY.

1 large cocoanut. 2 lbs. brown sugar.
 1 pint water.

Melt sugar and water together, boil to 250 deg. ; remove pan from fire, and grain the syrup by rubbing it with the spatula against the sides of the pan until it begins to cloud. Add the cocoanut thinly sliced, and stir until the mixture is quite thick ; then turn into a lightly oiled tin, mark with a knife into bars or squares, and, when set, break up at the marks.

72.—WHITE COCOANUT CANDY.

The same as above, using white sugar, and peeling the black rind from the cocoanut.

73.—MOLASSES CANDY.

1 pint molasses. $\frac{1}{2}$ gill vinegar. $\frac{1}{2}$ cup sugar.
 1 oz. butter $\frac{1}{2}$ teaspoonful carbonate of soda.

Dissolve the sugar in the vinegar, then mix in the molasses, and boil, stirring frequently, until, when tested, a little will harden on being dropped into cold water. Then stir in the butter, and the soda dissolved in a little hot water. Flavour to taste, boil up, stirring all the time, and pour into buttered tins. This candy takes about half an hour to make.

74.—POP-CORN CANDY.

1 lb. loaf sugar. 1 gill water.
 1 $\frac{1}{2}$ ozs. butter. 1 pint pop-corn.

Boil sugar and water to 240 deg., remove from the fire and stir in butter. When melted, stir in the popped corn, and stir until the corn is evenly coated. Any flavouring or colouring liked can be added.

75.—SARAGOSSA CANDY.

1 lb. loaf sugar. 1 oz. ground almonds.
 1 tablespoonful glucose. a little yellow colouring.
 2 ozs. chopped hazel nuts. liqueur.

Boil sugar, water, and glucose to 240 deg. Remove pan from fire, add liqueur and colouring. Grain until it begins to cloud, then add the ground almonds and hazel nuts. Pour into penny sponge-cake tins, well oiled. When cold turn out. Wrap each separately in wax paper.

76.—CHOCOLATE CANDIES.

2 lbs. loaf sugar. $\frac{1}{2}$ lb. chocolate.
 2 tablespoonfuls glucose. 1 $\frac{1}{2}$ gills water.

Melt sugar and water together, add glucose and melted chocolate. Boil to 290 deg. Pour on to oiled

slab. Fold edges to the centre, and allow the mass to cool evenly, then pull over oiled hook and cut up with strong scissors.

77.—CANDIED PISTACHIO PASTE.

$\frac{1}{4}$ lb. blanched almonds. $\frac{1}{4}$ lb. pistachios.
1 tablespoonful Kirschwasser.
 $\frac{1}{4}$ lb. syrup sugar at 40 deg.
green colouring. a little white of egg.

Pound the almonds and pistachios with a little white of egg (to prevent oiling), add the syrup and kirschwasser. Mix well, and let it cool a little. Add a little green colouring, if necessary, and make bonbons the size and shape of small olives; dry in hot closet, or at the mouth of the oven, for four hours. Set the olives in a candy tin and pour over them some 34 deg. syrup nearly cold. Allow them 15 hours in which to candy, then drain and dry.

78.—CANDIED FILBERT PASTE.

Proceed exactly as above, making paste with powdered filberts instead of almonds and pistachios.



CHAPTER VII.

NOUGATS.

79.—FRENCH WHITE NOUGAT.

$\frac{1}{4}$ lb. honey.	$\frac{1}{4}$ lb. icing sugar.
2 whites of eggs.	6 ozs. almonds.
	a few pistachio kernels.
	a box, wafer paper, and white paper.

Blanch the almonds and pistachios, and dry them for twenty-four hours, then place them on a tin to warm. Put all the other ingredients in a copper pan, and mix them well with a spatula. Place the bowl over a slow fire; with the left hand turn the bowl, and with the right stir the mixture for forty minutes, when it should be quite white and thick. To see whether it is done, test by throwing a thread of it into cold water; it should break evenly and crisply. Remove the bowl from the fire, and stir in the almonds and pistachios. Gather the nougat in a lump on the spatula, then dust your hands with icing sugar and roll the nougat into a ball between them. Press it firmly into a box. The box must be lined first with white paper, and then with wafer paper cut to fit its sides exactly. Cover the nougat with a piece of wafer paper, and again with white paper, and place weights upon it. It should be allowed to get perfectly cold and set, before it is cut up. If liked soft, a teaspoonful of glucose can be added to the boil.

80.—NOUGAT FOR PIÈCE MONTÉE.

$\frac{1}{4}$ lb. blanched almonds. $\frac{1}{4}$ lb. castor sugar.
1 teaspoonful lemon juice.

Chop the almonds, and sift them free from dust. Place the sugar and lemon juice in a pan, and stir until the mixture becomes a light brown colour, then stir in the almonds. Turn out on a well oiled slab. With an oiled knife turn over a few times, and place on an oiled baking sheet. Put in a warm place. Take a small quantity of the nougat at a time, knead it and roll it out quite thin, then work it into any basket-shaped or dariole mould. Level the edges with a sharp knife or pair of scissors. When all the baskets are made, shape the handles by rolling out some of the nougat and cutting it into thin strips. Lay them on an oiled rolling-pin to set. Then warm both ends of the handles, and so stick them on the baskets.

81.—NOUGAT FOR CENTRES (1).

$\frac{1}{2}$ lb. treacle. $\frac{1}{2}$ lb. sugar.
2 ozs. chopped and blanched almonds.
a small pinch of cream of tartar.

Boil sugar, water, and cream of tartar to 280 deg. Take off the fire, and add the treacle without stirring, then boil it up again to 280 deg. Pour the syrup on to an oiled slab, sprinkle with acetic acid, and add the almonds. Fold up and knead. Cut into centres, and coat with chocolate or fondant.

82.—NOUGAT FOR CENTRES (2).

1 lb. loaf sugar. a pinch of cream of tartar.
 $1\frac{1}{2}$ gills water. 6 ozs. almonds baked and chopped.

Boil sugar, water and cream of tartar to 310 deg., pour on to oiled slab, add the almonds (nicely browned),

fold up, knead, and form into any shaped centres. Coat with chocolate or fondant.

83.—NOUGAT.

$\frac{3}{4}$ lb. almonds. 6 ozs. castor sugar.
1 teaspoonful lemon juice.

Blanch the almonds, dry them, and cut each one into 6 equal parts. Melt the sugar and lemon juice together, add the almonds quite hot, oil a plain mould lightly, roll out the nougat, and line the mould with it. When set turn out.

84.—NOUGAT FOR BASKETS.

1 lb. castor sugar. $\frac{3}{4}$ -lb. chopped almonds.
1 level teaspoonful cream of tartar.

Half dissolve the sugar in a pan, add cream of tartar. When the sugar becomes lumpy, remove from fire, and stir out all the lumps; then add almonds. Mix well, and turn out on oiled slab. Knead, and place on tin to keep hot. Take small pieces at a time, roll them out very thin, and work into basket-shaped moulds. Wrap in grease-proof paper, and keep in a tin, if not to be used at once.

85.—WHITE NOUGAT.

1 gill cream.	1 oz. butter.
$\frac{1}{2}$ lb. glucose.	1 lb. sugar.
6 ozs. blanched almonds.	1 gill water.
3 whites of eggs whipped to a stiff froth.	

Boil sugar, water, and glucose to 280 deg.; remove from the fire, stir in the cream, butter, and whites of eggs, and lastly, the almonds, or mixed pistachios and almonds. Pour into a square tin lined with wafer paper.

CHAPTER VIII.

CHOCOLATES.

86.—PLAIN CHOCOLATE CREAMS.

Covering chocolate can be bought ready mixed with the right proportion of chocolate butter, but generally only in large quantities. Melt over a slow fire, dip the centres in, and lay them on paper until dry.

Covering chocolate is not always or easily obtained. The following recipe is the one I generally teach :—

1 lb. Cadbury's Mexican chocolate.

$\frac{1}{4}$ lb. Nucoa chocolate butter.

Cut the chocolate into small pieces, and place it in a pan over a slow fire, until it forms a smooth paste. Remove from the fire and add to it the chocolate butter, which must be melted in another pan. When the chocolate is sufficiently liquid, stand in a basin of hot water, and stir frequently when coating the centres.

87.—CENTRES FOR CHOCOLATES.

Make round centres of fondant cream (boiled to 240 deg.), flavour to colour, say white with vanilla, pink with raspberry or strawberry, and green with pineapple. Lay on grease-proof paper, and put to dry in a warm place for 24 hours. Coat with chocolate.

88.—FRENCH CHOCOLATE CREAMS.

Boil $\frac{1}{2}$ -lb. sugar with one stick of vanilla and one gill water until it registers 40 deg. on the pèse sirop. Then pour it into a basin, add 2 tablespoonfuls of cream, and stir until it forms a paste. Divide into equal portions, and form into round centres.

Melt some chocolate in a sugar boiler, add sufficient syrup at 20 deg. to bring it to the consistency of thick syrup. Dip each ball of cream in the chocolate, take it out with a fork, and lay it on a baking sheet to dry.

89.—CHOCOLATE CREAMS AU NOUGAT.

1 oz. blanched almonds. 2 ozs. castor sugar.

Chop the almonds. Melt the sugar in a sugar boiler, add the almonds, and stir over the fire until brown. Turn out on an oiled tin. When cold, chop the nougat very fine, and mix it with an equal quantity of vanilla cream. Roll into centres and coat with chocolate as above.

90.—CHOCOLATE BUTTONS.

Dissolve $\frac{1}{2}$ -lb. block of sweet chocolate in a saucepan. Place a portion of it in a paper cornet. Fasten the top by folding in the paper, then cut a small piece off the point, and pipe it in small lumps on to a bright tin baking sheet, making all the lumps the same size. When all are finished, gently tap the tin once or twice to flatten the lumps, then shake them over thickly with white or coloured nonpareils. When set, tap the tin to loosen the buttons.

91.—CHOCOLATE TRUFFLES.

For the centres—

2½ ozs. Cadbury's Mexican chocolate.
a dessert-spoonful syrup-sugar, hot.
½ oz. unsweetened chocolate.
vanilla essence. ½ gill fresh cream.

For granulating—

½ lb. Mexican chocolate.
½ oz. (about) chocolate butter.

Commence by making the granulated chocolate. Cut the chocolate into small pieces, and melt it to a paste

over a slow fire. Remove it from the fire, and work it smooth with the spatula ; add to it gradually the melted chocolate butter. Stir occasionally until cold and solid, then rub it through a coarse wire sieve.

For the centres cut both the sweetened and unsweetened chocolate into small pieces and melt it to a smooth paste. Add the cream, syrup sugar and vanilla, stir over the fire until mixed, and then off the fire until the mixture becomes quite solid, cold and a lighter colour. With a couple of teaspoons form the mixture into round centres, drop them on to the granulated chocolate, roll them in it and then lightly between the hands to make them a nice shape.

92.—CHOCOLATE NOUGATINES (1).

$1\frac{1}{4}$ ozs. almonds. $1\frac{1}{4}$ ozs. castor sugar.
a small teaspoonful glucose.
a little vanilla from the centre of a stick.

Place the sugar in a small saucepan with the glucose and vanilla. Stir until it is melted a light brown colour. Wipe and chop the almonds, but do not blanch them. Add them to the sugar. Stir until mixed, then turn quickly on to the oiled slab. Roll into a square about $\frac{1}{2}$ -inch thick, patting into shape with a couple of knives. When nearly cold, mark into squares with a caramel cutter, and cut up. When cold, coat with chocolate.

93.—CHOCOLATE NOUGATINES (2).

4 ozs. ground almonds. 7 ozs. castor sugar.

Place the sugar in a pan, and when melted a nice brown colour, stir in the ground almonds. Mix well,

and pour on to an oiled slab. As the edges cool, fold them into the centre until a compact square is formed about $\frac{1}{2}$ inch thick. Cut up when nearly cold, and when quite cold coat with chocolate.

94.—WALNUT NOUGATINES.

Proceed as directed for nougatines, substituting kiln dried chopped walnuts for the almonds.

95.—GLACÉE FOR NOUGATINES.

1 white of egg. icing sugar.
1 drop acetic acid.

Mix sugar and egg to a smooth paste, add acid, and beat with spatula until the mixture looks shiny. Then dip in the nougatines one at a time, only half covering them. Lay on paper. When one side is dry, dip the other, taking care to make the join neat.

96.—CHOCOLATE PRALINES.

$\frac{1}{2}$ lb. hazel nuts or Barcelona kernels. $\frac{1}{2}$ lb. sugar.

Place the nuts on a tin in the oven until the skins have split, and the nuts are baked a light brown inside. Shake well in a coarse wire sieve to remove the skins, then pound in a mortar until fine. Dissolve the sugar in a pan to a light brown shade, without using any water, then stir in the nut paste. Pour on to greased slab. When cold pound to powder, then mix with sufficient melted chocolate to form a paste. Turn into a shallow tin to cool. When set, cut into squares and coat with chocolate.

97.—NOISETTE CREAMS.

4 ozs. Barcelona kernels.	5 ozs. castor sugar.
2 ozs. chocolate.	1 teaspoonful cream.

Place the sugar and kernels together in a saucepan. Stir over a slow fire until they crack and are brown inside when broken open. Sugar the slab and turn the nut mixture on to it. Let it cool, then place in a mortar and pound up finely. Take the chocolate, place it on a tin in the oven until melted. Boil the cream and add it to the pounded nuts, alternating with the chocolate. When thoroughly mixed together, and quite smooth, form into a square on the slab. When nearly cold, cut into neat squares. Coat with chocolate, or wrap in wax paper.

The same mixture, whilst still warm, can be piped into croquette moulds, or into metal paper cases, and then sprinkled with chopped pistachio kernels.

CHAPTER IX.

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JUJUBES AND JELLIES.
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98.—JUJUBES.

8 lbs. loaf sugar.	3 lbs. glucose.
$1\frac{3}{4}$ lbs. gelatine.	3 pints water.
	colouring and flavouring.

Soak the gelatine in a large basin of water until soft. Boil sugar, water, and glucose to 280 deg., add the gelatine, flavouring, and colouring ; let it simmer until the gelatine is dissolved. Then pour mixture into a shallow tin. When cold, cut into fancy shapes or squares.

Melt a little gum arabic, and place about a teaspoonful in a bowl. Stir the jujubes in it ; turn them whilst damp on to castor or granulated sugar, and dust them thickly with it. Shake off the loose sugar, and dry the ujubes on wire trays.

99.—JELLY ROLLS

1 lb. loaf sugar.	1 gill water.
$\frac{1}{4}$ oz. tartaric acid.	$\frac{1}{4}$ oz. carbonate of soda.
$2\frac{1}{2}$ ozs. French gelatine.	

Soak the gelatine in cold water. Boil sugar, water, and cream of tartar to 260 deg., add the soaked gelatine, and when all is dissolved pour half the mixture into another pan ; flavour it with vanilla, and add the soda to it. Pour it on to a lightly-greased tin, making the layer $\frac{1}{4}$ in. deep. Colour the other portion red, and flavour with raspberry. Pour it on to another tin. When both are cold, lay one portion on the other,

and roll up tightly. Roll in granulated sugar and cut in thin slices.

100.—TURKISH DELIGHT. No. 1.

1 oz. sheet gelatine. 1 lb. granulated sugar.
1 lemon (rind of). 1 orange (rind and juice of).
1 tablespoonful of rum, cornflour, and icing sugar.
1 cup of cold water.

Cut the gelatine into small pieces, and put it into a saucepan with half a cup of cold water ; stir until dissolved, and until it has come to the boil ; boil three or four minutes. Put the sugar into a large pan with the other half-cup of water ; bring it slowly to the boil take it off the fire, and when slightly cool, add the dissolved gelatine, stirring all the time. Let the mixture boil steadily for 20 minutes. Add very thin slices of the orange and lemon rind, the lemon-juice, and the rum ; let it stand by the side of the fire for 10 or 15 minutes to extract the flavour. Strain the mixture into a tin rinsed out with cold water, colouring half of it pink. When firm, draw the jelly out of the tin and cut it into squares. Rub the squares in cornflour, let them stand for a day, and then rub them in icing sugar. In damp weather the jelly may take more than 24 hours to become dry enough to be rubbed into the icing sugar.

Keep in a box well dusted with icing sugar.

No. 2.

2 lbs. loaf sugar.	1 or 2 lemons, or a few
2 tea cups water.	drops essence of lemon.
	1 packet gelatine (2 oz.).

Soak the gelatine in a cupful of water for two hours or longer. Boil the sugar with a cupful of water for

10 minutes. Pour the lemon-juice on to the gelatine, add the melted sugar, and stir until the gelatine is quite dissolved. Pour half the mixture on to a wet tin. Colour the remainder pink, and pour it on to another tin.

No. 3.

$\frac{1}{2}$ lb. confectioner's starch. $\frac{1}{4}$ oz. tartaric acid.
 $\frac{1}{2}$ pint water. 1 lb. glucose or $\frac{1}{2}$ lb. icing sugar.
a pinch of cream of tartar. $1\frac{1}{2}$ lbs. sugar.

Boil sugar, water, and cream of tartar to 260 deg. Add the starch dissolved in half a pint of water, and the icing sugar. Cook over the fire until it forms a ball on being dropped into cold water. Turn into wet tins to cool. If glucose is used in place of the icing sugar, it must be boiled with the sugar. When set, remove the delight from the tin, cut into squares, and roll in equal quantities icing sugar and confectioner's starch.

101.—MARSH MALLOWS.

2 ozs. gum arabic. 8 tablespoonfuls water.
7 ozs. icing sugar. 2 whites of eggs.
caramel essence.

Soak the gum in the water, then strain into a saucepan; stand the pan in another pan of boiling water; add the sugar, and, when melted, stir in the beaten whites of eggs. Whisk until the mixture is quite stiff, add flavouring, and pour into starch prints, or into a tin dusted with starch and icing sugar. If the latter, cut into squares, and dust with starch and icing sugar.

102.—ANGELS' FOOD.

1 lb. loaf sugar.	$\frac{1}{2}$ pint water.
1 oz. leaf gelatine.	vanilla essence.

Melt sugar, water and gelatine together, then boil for 20 minutes, add flavouring, and whisk until it sets; pour into wet tins, and leave for 24 hours. Then cut into square blocks and roll them in icing sugar.

103.—GUM PASTILLES OR JUJUBES.

1 lb. picked gum arabic.	1 pint tepid water.
$\frac{1}{2}$ oz. loaf sugar, pounded and sifted.	
$\frac{1}{2}$ gill of double orange flower water.	

Soak the gum in the water until soft, then strain it through a piece of muslin into a sugar boiler; add the sugar, and stir over a low fire until it will form a soft ball when dropped into cold water. Add the orange-flower water or other essence. Mix well, remove scum, and pour into impressions made in starch tray, or on to a flat wet tin.

104.—RASPBERRY JUJUBES.

The same as the foregoing recipe, using one gill of filtered raspberry-juice and a few drops of cochineal, in place of the orange-flower water.

105.—BLACK Currant JUJUBES.

The same as above, using black currant juice, and omitting the cochineal.

106.—GUM DROPS.

3 lbs. sugar.	a few drops of oil of lemon.
1 pint water.	$\frac{1}{4}$ teaspoonful cream of tartar.
	$\frac{1}{2}$ lb. gum arabic.

Place the water and sugar in a saucepan, and when dissolved, add gum and lemon-juice. Boil to 240 deg.,

cool a little, and run into starch prints. Leave to stand for twenty-four hours, then brush off the starch, and crystallize.

107.—FRUIT JELLIES.

$\frac{3}{4}$ lb. apricot jam.	$\frac{1}{2}$ lb. loaf sugar.
1 gill water.	3 good ozs. gelatine.

Boil the water, sugar, and jam together a few minutes, then pass it all through a wire sieve or gravy strainer. Return the jam to the saucepan, and add, sheet by sheet, the gelatine (previously soaked in cold water). When all is dissolved, boil up and skim. Add colouring and essence ; let it cool, then pour into rubber moulds, or into starch impressions.

108.—FRENCH JELLIES.

1 lb. loaf sugar.	1 oz. gelatine.
$\frac{1}{2}$ pint water.	raspberry essence.
carmine.	

Boil sugar, water, and gelatine together for twenty minutes. Add essence and colouring, and pour on to wet tins, making the layer not less than one inch deep. When set, cut into square blocks, and roll in sieved icing sugar.

CHAPTER X.

UNBOILED SWEETS.

109.—LEMON CREAMS.

1 lemon.	1 lb. icing sugar.
yellow colouring.	candied peel.

Grate the lemon rind into a basin, add the strained juice, and a few drops of yellow colouring. Stir in sufficient sieved icing sugar to make a stiff paste, turn it on to the slab, knead it smooth. Form a roll, divide into equal-sized portions, and roll into sweets. Lay on grease-proof paper.

As each is finished, lay a strip of candied peel an inch long and the sixteenth part of an inch wide on each. Before using, soak the candied peel in hot water for a few minutes; remove the pulp, and cut the peel the required size. As this mixture dries quickly, the portion not in use should be kept covered with a damp cloth. Dry the lemon creams for at least six hours before crystallizing.

110.—TANGERINE CREAMS.

1 tangerine orange.	$\frac{1}{2}$ lb. icing sugar (about).
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Proceed as directed for lemon creams, chopping the coloured part only of the rind very finely before mixing it with the juice, as the peel is too soft to grate well.

111.—FRESH STRAWBERRY CREAMS.

4 large ripe strawberries.	1 tablespoonful of cream.
1 tablespoonful of lemon juice.	icing sugar.
	a few drops of carmine.

These delicious sweetmeats are of course only in season for a few months each year.

Pass the fruit through a fine hair sieve. Add a few drops of carmine, the cream, lemon juice, and sufficient icing sugar to form a stiff paste. Form into any fancy shape.

112.—RASPBERRY CREAMS.

Proceed as for strawberry creams, substituting raspberries for strawberries, and adding a little more colouring.

113.—PLUM PUDDING SQUARES.

2 ozs. sultanas.	1 white of egg.
icing sugar.	2 ozs. figs or dates.
2 ozs. candied peel.	1 tablespoonful cold
2 ozs. currants.	water.

Chop all the fruits very fine. Put the white of egg into a basin, add the water, and mix smooth. Add one tablespoonful of sieved icing sugar to the fruits, and then stir in enough sugar to form a stiff paste. Let the mixture dry for a couple of hours. Brush over with melted chocolate. When dry, turn the sweet over on to grease-proof-paper, and brush over the other side. When set, cut up into inch squares with a sharp knife.

114.—NEAPOLITAN CREAMS.

1 white of egg.	pink and green colouring.
icing sugar.	2 drops acetic acid.
equal quantities of cold water and essence—raspberry, vanilla and pineapple.	

Mix the egg and water in a basin ; add the acid, and sufficient icing sugar to form a stiff paste. Turn on to slab, knead smooth, divide into three equal-sized portions. Colour the first pink and flavour with rasp-

berry, the second white and flavour with vanilla, the third, colour green and flavour with pineapple. Roll out all three portions to one-eighth of an inch thick, and lay one on top of the other with the white in the centre. Brush over the top with melted chocolate, and, when set, turn over and brush over the other side. Leave to stand until quite set, then with a sharp round cutter, cut into crescent-shaped pieces.

115.—MOSS ALMONDS.

1 tablespoonful glucose.	blanched almonds.
green colouring.	green castor sugar.
almond and vanilla essences.	icing sugar.
2 dessert-spoonfuls boiling water.	

Put the glucose in a basin, and pour the water on it. Stir until dissolved. Work in sufficient icing sugar to form a stiff paste. Let it stand for half an hour, covering the basin with a cloth. Turn out on slab, knead the paste smooth, colour it a good green, and flavour it equally with vanilla and almond essence. Form into oval centres, and press between two blanched almonds. When all are finished, hold each one between the finger and thumb, lightly brush over the cream part with white of egg, and roll in green castor sugar.

116.—MOSS WALNUTS.

Make cream, as above, but form into round centres and press between two halves of dried walnuts. Finish as for moss almonds.

117.—CREAM BROCHETTES.

1 dessert-spoonful glucose.	icing sugar.
2 dessert-spoonfuls boiling water.	brochettes.

Take the brochettes from the straws, and with a sharp knife remove any lumps of sugar adhering to them. Place the glucose in a basin, add the water, and stir until dissolved. Gradually stir in sufficient icing sugar to form a stiff paste, let it stand for half an hour, then turn on to slab and knead it smooth. Divide into as many portions as you have different-coloured brochettes, and flavour them to match, *i.e.*, the cream for the green brochettes with greengage or pineapple, that for the red with raspberry or strawberry. Each should also contain a few drops of vanilla. Form into small round centres, and press between two brochettes. When all are finished, brush over the cream portion with white of egg, and roll in very fine cocoanut. Place in paper cases.

118.—AMERICAN CREAM FONDANTS.

1 lb. icing sugar (about)	1 white of egg
1 tablespoonful of unsweetened Swiss milk.	
	1 teaspoonful of lemon-juice.

Beat the egg in a basin with a little sugar, add the milk and lemon-juice, and stir in sufficient sugar to form a stiff paste. Knead it smooth on the slab, adding more sugar as required. Colour and flavour to taste. Roll into balls, place half a walnut or almond on each, and lay on grease-proof paper. Stand to dry for 24 hours, then with a knife gently turn over, to dry the other side of the sweet. If not dry when packed, the fondants may get mouldy.

119.—NOUGATINES.

7 ozs. castor sugar. 4 ozs. ground almonds.

Place the sugar in a small pan over the fire, and when melted a light brown, add the ground almonds. Pour on to oiled slab. As the edges cool, fold them into the centre, gradually drawing the nougatine into a stick pointed at one end. Cut up with scissors. When cold, dip in a thin solution of gum, and roll in icing sugar. Dry for 12 hours before packing.

120.—CARAMEL WALNUTS.

4 ozs. shelled walnuts. 2 ozs. ground almonds.
3 ozs. icing sugar. $\frac{1}{2}$ white of egg, whipped.
a few drops of lemon-juice or vanilla essence.

Place the ground almonds and sugar in a basin, add the lemon-juice or vanilla, and stir in the white of egg gradually until a stiff paste is formed. Knead smooth on slab, and colour to taste. Divide into equal portions, and form into round centres. Press each one between two halves of kiln-dried walnuts. When all are finished, take them one by one and brush over the cream part with white of egg, then roll in castor sugar coloured to match the centre.

121.—LOZENGE PASTE (1).

1 lb. icing sugar. $\frac{1}{2}$ lb. confectioner's starch.
1 oz. gum arabic. $\frac{1}{2}$ pint water.

Dissolve the gum in the water in a saucepan. When melted, strain it through a piece of fine muslin. Place the sugar and starch in a basin with the gum, and mix to a stiff paste. Turn it on to the slab, add colouring, and knead until quite smooth; then add any essence.

preferred. Roll out the paste $\frac{1}{4}$ inch thick, and cut it into fancy shapes Lay them on white paper on tins to dry.

122.—CACHOUS.

Use the above or following recipe. Cachous are generally coloured violet or pink, and flavoured and scented with violet or rose. Use a very small fancy cutter of a heart, diamond or oval, and make very little paste at a time, or else the paste may dry before all the cachous are cut.

123.—LOZENGE PASTE (2).

$\frac{1}{2}$ lb. icing sugar. $\frac{1}{4}$ lb. confectioner's starch.
1 tablespoonful of water. $\frac{1}{2}$ white of egg.

Mix the starch and sugar together on slab, beat up the egg and water and knead it into the sugar until a taste is formed. Flavour it, and roll it out $\frac{1}{4}$ inch thick.

Peppermint and rose lozenges should be cut round.

124.—BRILLIANTINE.

2 ozs. best gum arabic. 1 gill water.

Place the gum and water in a Bain-Marie ; when melted, strain it through a piece of fine muslin, and return it to the pan. Dip a clean stiff brush into the gum, and brush it lightly over pieces of well polished glass, dry in a hot room, and when dry brush off the brilliantine.

125.—AMERICAN PINACHE.

$\frac{1}{2}$ lb. moist brown sugar. $\frac{1}{4}$ gill milk.
 $3\frac{1}{2}$ ozs. chopped walnuts.

Well oil four sponge cake tins of the usual penny size. Place the sugar and milk in a saucepan, and stir

over a moderate fire until the mixture will thread, then stir in the walnuts, and pour at once into the tins ; when set, turn out the candy, and fold each piece in wax paper.

126.—ALMOND PASTE.

$\frac{1}{2}$ lb. sweet almonds. $\frac{3}{4}$ lb. icing sugar.
1 dessert-spoonful orange-flower water or brandy.

Pound the almonds and orange-flower water together until they form a smooth paste, then work in the icing sugar, knead until smooth.

127.—MOCHA WALNUTS.

Almond paste as above. Colour and flavour with coffee essence, form into round centres and press each between two halves of dried walnuts. Coat with coffee fondant (2) dissolved with a little syrup sugar and coffee essence, lay on grease-proof paper, pipe a curl on the top of each.

128.—CHOCOLATE WALNUTS.

almond paste. 2 ozs. chocolate.

Melt the chocolate and add it gradually to the almond paste. Form into round centres and press between two halves of dried walnuts ; lay on grease proof paper as each one is made. Dissolve some fondant (2), and add 2 ozs. of melted chocolate, in which, when warm and smooth, dip in the walnut centres. Lay on grease-proof paper, and pipe a curl on the top of each.

CHAPTER XI.

MISCELLANEOUS.

129.—TRANCHE TANGERINE.

$\frac{1}{4}$ oz. gelatine. $\frac{1}{2}$ lb. sugar.
 1 dessert-spoonful orange liqueur. 1 gill water.

Place the gelatine in a basin of water, and soak it until soft. Place sugar and the gill of water in a saucepan, boil until it registers 245 deg. by thermometer or 220 deg. by pèse sirop. Remove syrup from fire, add a little yellow colouring and liqueur, bring to the boil. Add gelatine, sheet by sheet. When all is dissolved, remove from fire and pour into impressions the size and shape of an orange quarter, made in starch tray. Sift some starch over. When set, brush off starch and finish with glacé as for nougatines, only covering half of each bon-bon.

130.—CRYSTALLIZED FLOWERS.

2 sheets gelatine. 1 gill water.
 castor sugar.

Use lilac, primrose flowers, violets, or tulip petals. Dissolve the gelatine in the water in a saucepan, let it cool a little, then brush over each flower with the gum. Let the flowers become quite dry, then dip them one by one in syrup boiled to 36 deg. Spread them out on a pastry drainer, and dust them over with very fine castor sugar. When dry, shake off all loose sugar. These flowers will not keep long.

TO CRYSTALLIZE ROSE PETALS.

Dry the petals (which should be picked on a dry day) for 24 hours. Sprinkle them with gum arabic (2 ozs. to $\frac{1}{2}$ pint water), and then with castor sugar. Again let them dry for 24 hours. Make a syrup (boiled to 225 deg.), pour it over the petals, and let them soak in it for 24 hours, then dry and crystallize. Colour the syrup red for rose petals, and violet for violets.

131.—COCONUT ICE.

3 lbs. loaf sugar. $\frac{3}{4}$ lb. glucose.

1 $\frac{1}{2}$ pints water. 3 ozs. nucoa caramel butter.

1 lb. freshly-grated cocoanut or desiccated cocoanut.

Line a shallow box with grease-proof paper. Boil sugar, water, and glucose to 240 deg. Take off fire, and pour half into another pan. Add half the butter to each, and pink colouring to one. Grain the pink syrup till it clouds, then stir in the cocoanut, and pour into box, making a layer of about 1 $\frac{1}{2}$ inches deep. Let it set, then grain the white syrup. Add cocoanut, and as soon as it begins to set, pour on the top of the pink ice. When quite cold, turn out of box. Cut in slices.

132.—PERSIAN SHERBET.

2 $\frac{1}{2}$ lbs. castor sugar. 10 ozs. carbonate of soda.

8 ozs. tartaric acid. a little white of egg.

Place all the ingredients on the slab, and mix well with the hands, adding a little raspberry or lemon flavouring, then sieve four or five times. Place in bottles, and keep closely corked.

133.—MARRONS GLACÉS.

Remove the outside skin of the chestnuts, place them in a saucepan with a tablespoonful of flour and sufficient cold water to nearly fill the pan. Stew them very gently, until so soft that you can run a pin through them. Take them from the water one at a time, and holding them with a cloth, carefully remove the husk, and gently drop them into a basin of lemon juice and water. When all are finished, to every lb. of chestnuts take 1 lb. of sugar and $\frac{3}{4}$ pint of water; boil until the pèse sirop registers 8 deg. Let the syrup get nearly cold. Pack the chestnuts close together in an earthenware saucepan, just covering them with the syrup. Add 1 inch of vanilla stick. Bring the mixture very gently to simmering point, then remove from fire, and allow the chestnuts to get cold in it. Next day add more syrup of the same degree, and again bring to simmering point. Repeat this process every day until the chestnuts are quite clear and soft; then place them in wide-mouthed bottles, and finish them off as required. They will keep for a year at least.

To finish the marrons, remove the required number from the bottle and drain them. Make a syrup boil to 235 deg., add the chestnuts, and place them on a slow fire until they just begin to simmer. Then grain the syrup carefully, and as soon as it begins to cloud, lift out the chestnuts and drain them.

Italian chestnuts are best for marrons glacés, as they are in one piece, and not so liable to break. Even with the greatest care some will break, but these pieces can be used for making marrons disquisés.

134.—MARRONS DISQUISÉS.

Take any broken pieces of marron glacé, roll them with a rolling-pin, and pass them through a hair sieve on to the slab. Work in about equal quantities of icing sugar and a few drops of vanilla essence to form a paste. Divide into equal quantities, form each portion into a ball, then press it between the fingers and thumb into the shape of a chestnut; run the base of each on to a fine skewer. Make some chocolate caramel (French recipe), and when it comes to the crack dip in the imitation chestnuts, point downwards, and stand the skewers in a bowl of flour to keep them upright until dry. A portion of the base should be left free from caramel, so as to imitate the real chestnut as closely as possible.

The bon-bons should be placed in paper cases; they do not keep very long.

135.—ALMOND PRINCESS.

2 ozs. dried and blanched Jordan almonds.
 $\frac{1}{2}$ gill water. liquid gum arabic.
 9 ozs. castor sugar.

Place about a dessert-spoonful of the gum in a bowl. Add the almonds, and stir until quite coated, then turn them on to a sieve. Separate them and let them dry. Place a handful of castor sugar in a copper bowl, heat it, add the almonds. Toss them in it, and lay them on a sieve to cool. Place sugar and water in a saucepan, boil to 250 deg. Put the almonds again into the copper bowl, and shake them about in it whilst pouring the syrup on them drop by drop. Occasionally add a little castor sugar, and separate the almonds if they stick together.

Dry them at the mouth of the oven. Re-heat syrup, and repeat the process as often as necessary until the almonds are coated.

136.—BURNT ALMONDS.

1 lb. sugar.	a little gum arabic.
1½ gills water.	vanilla stick.
½ lb. almonds.	a little brown colouring.

Blanch the almonds, and boil sugar and water to 240 deg. Add almonds and stir over fire to 300 deg. Remove bowl from fire, stir syrup until it grains, then turn it on to sieve and separate the almonds. Return them to the bowl and stir over fire until brown all through. Add a little of the grained sugar off the fire, stir round, and turn on to sieve. Place in the oven to keep warm. Then take more of the grained sugar, place it in the copper bowl with a piece of vanilla stick, a little brown colouring, and a teaspoonful of liquid gum arabic. Boil, stirring continually, until a little dropped in cold water will make a cracking sound. Pour in the almonds, stir round two or three times, and turn on to the sieve. Separate them, and again place them in oven. Repeat this process until all are evenly coated. Clean the copper bowl, and pour the liquid gum into it. Turn in the almonds, stir until coated, separate them on pastry drainer, and dry in a cool oven.

137.—SPUN SUGAR.

1 lb. loaf sugar.	1½ gills water.
1 dessert-spoonful lemon juice.	

Boil sugar and water to 280 deg., add the lemon juice, and continue to boil to 310 deg. Take pan

quickly from fire, and plunge it in cold water to prevent it boiling higher. Stand it on the hob, to prevent the syrup from cooling too quickly. Oil the blade of a large knife. Take two forks, dip them in the syrup, allow the large drops to run off them. Wave them backwards and forwards over the knife, making long threads. Take the threads from the knife, lay them on the table, and cut them into even lengths. These can then be twisted for ornamental confectionery, or into baskets or vases to hold ices or creams. A large piece of paper should be placed on the floor to catch the threads.

138.—ORANGE FLOWER BONBONS (in cases).

Boil $\frac{3}{4}$ -lb. sugar with a little water until the pèse sirop registers 38 deg. Let it cool in a wet basin, then work it with a spatula until it becomes white. Add 1 oz. of candied orange flowers, and mix them in well. Fill some small paper cases with sugar, and put them in a cool oven to dry.

139.—PINEAPPLE BONBONS (in cases).

Boil and work some sugar as in foregoing recipe, substituting chopped preserved pineapple for the orange flowers. Finish in the same way.

140.—CANDIED BONBONS À L'ANISETTE.

1 lb. sugar. 1 gill water. anisette.

Boil 1 lb. sugar with 1 gill water until it registers 40 deg., then bring it back to 38 deg. by the addition of anisette. Pour it into a basin, let it cool,

and work it with a wooden spoon until it forms a paste. Melt part of the paste in a small saucepan with a spout, and fill the patterns in the starch with this sugar. Let the bonbons dry for two hours. Then take them and brush off the starch with a soft brush. Place them in crystallizing tray, and pour syrup at 36 deg. over them. Dry in the usual way.

141.—PISTACHIO BARS.

$2\frac{1}{2}$ lbs. loaf sugar. $\frac{1}{2}$ -lb. glucose. 3 gills water.
 $\frac{1}{4}$ -lb. lightly chopped pistachios. vanilla essence.
 $\frac{1}{4}$ -lb. finely chopped citron and orange peel.

Boil sugar, water, and glucose to 245 deg. Pour on wet slab, and turn to fondant cream. Knead it smooth; cut off one-third, then work into the remainder the other ingredients. Roll it out 2 inches thick. Divide the remaining piece into 2 equal portions. Colour one portion pink; roll it out $\frac{1}{4}$ -inch thick, and place it on the fruit slab and turn it over on to grease-proof paper. Colour the remaining portion pale green or yellow, and place it on the fruit slab. Pass a rolling-pin over the top to join the three portions. When set, cut into equal portions 2 inches long and one-third of an inch square. These bars can then be wrapped in wax paper, or crystallized

142.—SUGAR ROCK.

1 lb. loaf sugar. 1 gill water
 3 tablespoonfuls royal icing.

Boil sugar and water to 300 deg. Take off the fire and stir in the royal icing. Turn quickly on to a

wet tin. After the sugar has effervesced and become solid and cold, it can be sawn into thin slices, and built into fancy castles ; coloured and roughly broken, it can be used as artificial rocks.

143.—CREAM LOZENGE PASTE.

9½ ozs. icing sugar.	1 oz. glucose.
½ oz. gelatine.	½ gill water.

Soak the gelatine in water until quite soft. Place 4 ozs. icing sugar and ½ gill water in a saucepan, and when it comes to the boil, take it from the fire and stir in the glucose. Melt it over the fire, and, when quite hot, stir in the gelatine, a sheet at a time. Sieve the remainder of the icing sugar on to the slab, pour the mixture into the centre, add colouring and essence, and work the whole into a smooth paste. Roll out and cut into lozenges.

144.—CHOCOLATE CREAM LOZENGES.

Add to paste made as above 2 ozs. pure cocoa, melted in a saucepan, with a little brown colouring added. Work until smooth, then roll out and cut up.

145.—COCOANUT CREAM LOZENGES.

1 fresh cocoanut.	About 2 lbs. icing sugar.
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Take a fresh cocoanut, pour away the milk and pare off the brown skin, then grate it fine. Place the sugar on the slab, add the cocoanut, and work the two into a paste, pliable though stiff. The exact quantity of sugar will depend upon the size of the cocoanut.

Divide the paste into two portions, making one double the size of the other. Colour the smaller portion pink. Roll out each piece, making the white

double the thickness of the red. Place one sheet on the top of the other, and join them together by lightly rolling with a rolling-pin. When the desired thickness is obtained, cut with an oval cutter, and lay on trays to dry.

146.—FRUIT PASTILLES.

1 tin apricots. 12 ozs. granulated sugar.

Pour off the juice of the apricots, and pass them through a hair sieve. Weigh off 1 lb. of this purée into a saucepan : add the sugar, and bring slowly to the boil, stirring all the time. Continue to stir until the purée is quite thick, when a drop placed on the slab will set. Let the purée cool a few moments, then pour on to a paper in little rounds, each about the size of a penny piece. Sprinkle with granulated sugar until covered. Let them cool and set. To remove the pastilles from the paper, wet the slab and lay the paper on it ; in a few minutes, the pastilles can be lifted off and stuck two together.

147.—FRENCH STRAWBERRY DROPS.

$\frac{3}{4}$ lb. granulated sugar. strawberry purée.

Put the granulated sugar into a basin, then add sufficient strawberry purée to mix to a stiff paste. Turn the paste into a pastille boiler and stir it over a slow fire until it boils : then drop the mixture slowly out of a pan on to a bright baking sheet. When cold, knock the sheet sharply, to loosen the sweets, and place them to dry on a sieve in a hot closet.

148.—PINEAPPLE DROPS.

Make the drops as in previous recipe, mixing the sugar with pineapple purée. Fresh fruit alone, passed

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149.—PUNCH DROPS.

Use rum and lemon-juice in equal quantities, in place of strawberry purée.

150.—RED Currant DROPS.

Make the drops as before, using equal quantities of red currant-juice and water to mix the sugar.

151.—CHOCOLATE PRALINÉ.

4 ozs. sweet almonds. 5 ozs. castor sugar.
chocolate.

Blanch and slice the almonds. Brown them in the oven, then pound them to a paste in a mortar. Melt the sugar in a saucepan to a light brown ; pour it on to the oiled slab. When cold, pound it to powder. Add the almond paste to the sugar, and pound together until soft enough to roll into centres ; coat with chocolate.

152.—ROSOLIOS, or LIQUEURS BONBONS.

$\frac{1}{2}$ lb. loaf sugar. $\frac{1}{2}$ gill water.
1 dessertspoonful of liqueur colouring.

Boil sugar and water to 230 deg. ; add colouring and liqueur ; shake the pan gently to mix the contents, and cover quickly with a damp cloth to prevent evaporation. Let the syrup cool ; then, with a funnel saucepan, pour into impressions in the starch tray. When set, lift carefully, dust off the starch, and either crystallize or coat with fondant or chocolate.

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